

Basic Reformer Progression Class 6 of 8

Springs	Exercise		
4	Footwork -Toes -Arches -Heels -Tendon Stretch	4	Running
2 to 4	Hundred	4	Pelvic Lift
2	Feet in Straps -Leg Circles & Frogs	4	"Front Splits"
4 3 2	Stomach Massage Series -Round -Hands Back -Reach Up		
2	Short Box Series -Round Back -Flat Back -Side to Side -Tree		
2	Elephant		
2	Knee Stretch Series -Round -Arched -Knees Off		
	Ab Series - sitting on Reformer		